

## BACALAO (SALT COD) CROQUETTES

### EQUIPMENT

MIXING BOWLS, SOLID BAKING TRAY, RICER OR POTATO MASHER, FORKS, WHISK, CHEF'S KNIFE, SPOONS, PERFORATED BAKING TRAY, BAKING PAPER, OIL SPRAY

### INGREDIENTS

300GM BACALAO (SALT COD) SOAKED OVERNIGHT IN COLD WATER CHANGED TWICE, 2 DESIREE POTATOES, 100GM PLAIN FLOUR, 100GM PANKO BREADCRUMBS, 2 CLOVES GARLIC, 3 WHOLE EGGS, 100GM PLAIN FLOUR, 100GM PANKO BREADCRUMBS, HOT SMOKED PAPRIKA, MAYONNAISE TO SERVE.

### METHOD

REMOVE THE COD FROM THE WATER AND PAT DRY WITH PAPER TOWEL. PEEL THE POTATOES AND CUT THEM INTO CHUNKS. PLACE THE POTATOES ONTO A PERFORATED BAKING TRAY WITH THE COD FILLETS AND PEELED AND CRUSHED CLOVES OF GARLIC.

PLACE THE TRAY INTO A PRE-HEATED OVEN STEAM SETTING 90°C FOR 30 MINUTES.

AFTER 30 MINUTES REMOVE THE COD FROM THE TRAY AND RETURN THE POTATOES TO THE OVEN TO COOK FOR A FURTHER 30 MINUTES 100°C STEAM SETTING.

USING TWO FORKS SCRAPE THE FLESH AWAY FROM THE SKIN OF THE COD AND PLACE THE COD PIECES INTO A LARGE MIXING BOWL AND SET ASIDE.

ONCE THE POTATOES ARE TENDER REMOVE FROM THE OVEN AND PASS THEM THROUGH A RICER OR MASH THEM WITH THE COD. ADD A SMALL SPRINKLE OF SMOKED PAPRIKA AND MIX UNTIL EVERYTHING IS EVENLY COMBINED.

PLACE A SHEET OF BAKING PAPER ON THE WORK-BENCH AND SCOOP OUT SPOONFULS OF MIXTURE INTO THE PALM OF YOUR HAND. ROLL THE MIXTURE INTO 5-6 CM OBLONG SHAPES AND PLACE EACH CROQUETTE ON THE PAPER.

SET UP A CRUMBING STATION WITH INDIVIDUAL BOWLS OF WHISKED EGGS, PLAIN FLOUR AND BREADCRUMBS AND A BAKING TRAY LINED WITH BAKING PAPER.

COAT EACH CROQUETTE IN PLAIN FLOUR THEN DIP IN THE EGG AND FINALLY COAT THEM IN THE BREADCRUMBS. PLACE THE CRUMBED CROQUETTES ONTO THE BAKING TRAY AND REPEAT WITH ALL THE MIXTURE.

SPRAY THE CROQUETTES WITH THE OIL SPRAY AND PLACE THE TRAY INTO A PRE-HEATED OVEN COMBI SETTING 210°C FOR 12-15 MINUTES UNTIL CRISP AND GOLDEN.

ONCE COOKED REMOVE FROM THE OVEN AND SERVE HOT WITH A SIDE DISH OF MAYONNAISE SPRINKLED WITH A LITTLE BIT OF SMOKED PAPRIKA.

### HINTS & TIPS

- SALT COD OR BACALAO HAS MANY DIFFERENT NAMES AND IS DONE IN VARIOUS WAYS THROUGHOUT EUROPE. GOOD QUALITY DELI'S AT YOUR LOCAL MARKET SHOULD STOCK IT; SOME WILL HAVE BONELESS VERSIONS FOR ADDED CONVENIENCE.

- REMEMBER TO CHANGE THE WATER YOU ARE SOAKING THE COD IN AT LEAST TWICE TO AVOID THE END RESULT BEING TOO SALTY.